

Virginia Cooperative Extension

Virginia Tech · Virginia State University

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The Culpeper Extension Office is located at 101 S. West Street, Culpeper, VA 22701. (Corner of West and Davis) Telephone: (540)727-3435



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in any of the activities offered by Virginia Cooperative Extension, Culpeper Office, please contact our office at (540) 727-3435 during business hours of 8am and 5pm to discuss accommodations at least 5 days prior to the event. *TDD number is (800) 828-1120.

HORTICULTURE

Ashley Appling, Extension Agent, ANR-Horticulture

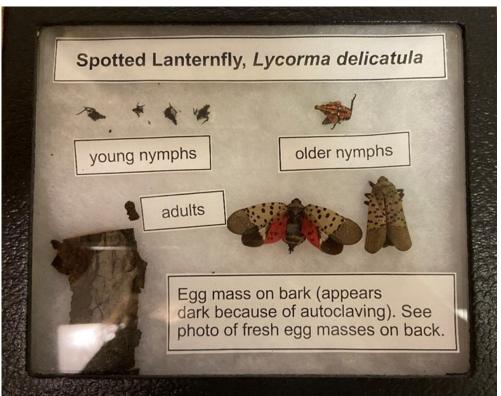
Spotted Lanternfly

Spotted lanternfly, Lycorma delicatula, has been confirmed in the following Virginia counties: Augusta, Clarke, Frederick, Page, Prince William, Shenandoah, Warren, and the city of Winchester. This insect feeds on grapes, peaches, hops, apples, and on many forest trees.

Spotted lanternfly does not chew leaves (as in the case of Japanese beetles) but is instead a phloem feeder (drinking the sugar rich fluids of the plant). Nymphs, the immature stage, have a wide host range of at least 70 plant species. The adults are commonly found on tree of heaven, Ailanthus altissima, as well as showing a fondness for grapes in late summer and fall. It has the potential to be a serious pest of agriculture and home landscapes. Nymphs are expected to be active mid-April in Virginia, with mature adults being present by at least the end of June. The insect produces large quantities of sugary secretions called honey dew. Black sooty mold may grow on this honey dew, which can cover branches, trunks, and man-made objects under the trees that are being fed on. Severe wilting may also be seen in heavily infested plantings.

Please be on the lookout for this insect in and around Culpeper County. Report any sightings to the Culpeper

Extension Office, (540) 727-3435 or by email at ashappling@vt.edu.



AGICULTURE AND NATURAL RESOURCES (ANR)

Carl Stafford, Senior Extension Agent, ANR

MOW LIKE A PRO

One of the unique features of turfgrasses is that unlike most other plants in the landscape lawn grasses tolerate regular mowing at amazingly close clipping heights. Regarding mowing, there is nothing done more frequently in lawn maintenance, and also nothing done worse on a regular basis



either! Here are some mowing tips that will improve the quality of your lawn.

Keep mower blades sharp. Mowing with a sharp blade on a standard rotary mower is one of the best ways to improve lawn quality and turf health and it also improves fuel-use efficiency and extends engine life. When is the last time the blade was sharpened and balanced? I recommend homeowners sharpen the blade at least three times per growing season: start the year off with a sharp blade, sharpen it again in late spring, and then once more in midlate summer.

Match mowing heights to species and situation. Most mowers have adjustments for raising and lowering the mowing height. If the lawn has a light green to white hue after cutting, it is a good bet it was mowed too low. Most grasses do well in the 2-3 inch cutting height range. For cool-season turfgrasses, frequent mowing on the lower side of the recommended height is fine in the fall and early spring months, and this height actually promotes better turf density. However, by early June it is recommended to raise

cutting heights prior to the summer stress period to optimize rooting depth to help the plant survive the heat and drought of summer. Many of the best lawns are mowed at 4 or more inches during the summer and some are rarely mowed at all.

Follow the "1/3rd rule". Research many years ago clearly showed that when mowing at an appropriate height for the grass, if no more than 1/3rd of the leaf blade is removed during mowing, then the grass plant will maintain a healthy balance between roots and shoots. Removing most of the foliage forces food resources to the leaves instead of the roots and stems.

Finally, return clippings to the turf whenever possible and



if they are collected, compost them rather than placing them in the landfill. Clippings are simply organic fertilizer for the lawn and do not contribute to thatch buildup. Almost 1/3rd of a lawn's seasonal fertility requirement can be met by returning clippings. Treat clippings just like granular

fertilizers - keep them on the lawn!

Need further information? For more best management practices in lawn and landscape management, contact your local Virginia Cooperative Extension office, search the VCE website (www.ext.vt.edu/), or log on to the VT Turf Team's 'Turf and Garden Tips' blog at www.weblogs.cals.vt.edu/.

4-H YOUTH DEVELOPMENT

Cristy Mosley, Extension Agent, 4-H JoAnna Kilby, 4-H Program Assistant

With Georgette Mosley, Sr Program Assistant, FNP-Youth and Becky Gartner, Extension Agent, FCS



Enjoy some fun with Culpeper County 4-H this summer with our "Summer on the Go Kits". Activities will include gardening, STEM, crafts, yummy treats and so much more. Enjoy making these hands-on activities and spark some excitement and discovery for youth of all ages. 4-H membership is not required and a limited amount of kits will be available. Dates and cost per kit TBD at this time, please check our Culpeper County 4-H Facebook page for information or call the Culpeper Extension office at 540/727-3435.

FAMILY AND CONSUMER SCIENCES (FCS)

Becky Gartner, Extension Agent, FCS

Pressure Canner Testing

The canning season is fast approaching. Make sure your equipment is working properly so that you can safely preserve your garden bounty.

Dial gauge pressure canners should be tested each year to make sure that they are reaching the correct pressure when being used. Virginia Cooperative Extension offers the testing of the gauges for no charge.

Bring your canner lid with the gauge to the office and pick up the latest home food preservation publications. The office is located at 101 S. West St., Culpeper.

Virtual Home Food Preservation Course

Virginia Cooperative Extension is now offering a Virtual Home Food Preservation course. The self-paced course will provide participants with the basic knowledge of safe home food preservation methods such as canning, freezing, dehydration and fermentation. You will learn the science behind these techniques and receive step by step guidance on how to do them at home.

Registration deadline is October 15. After registering, you have until December 31 to complete the course. The cost for the cost is **\$15**. You can register at: http://tinyurl.com/VCE-HomeFoodPreservation

For more information or to register, contact the Culpeper County Extension Office at 540-727-3435 or Becky Gartner, Extension Agent, Family & Consumer Sciences, at rebes13@vt.edu.





People Incorporated is a non-profit Community Action Agency with locations across Virginia, including Culpeper. People Inc. is committed to providing opportunities for economically disadvantaged people to reach their goals in order to enhance their lives, their families and their communities.

We help people find jobs, provide safe housing, early childhood education and other services. Our Culpeper Office is located at 233 East Davis St., Suite 100 and 300. Call People Inc. at 833-277-9330 or email info@peopleinc.net.

Find program updates events and community resources by following us on Facebook, Twitter and LinkedIn, or visit www.peopleinc.net.

Court Appointed Special Advocates (CASA) of Culpeper is seeking volunteers to advocate on behalf of children in the foster care system going through neglect and abuse court proceedings. Call Bri Taylor, CASA Coordinator, at 276-206-3155 to learn more.



Empowering Culpeper, an allvolunteer food distribution program of People Inc. holds a distribution on the third Saturday of every month in Culpeper. Follow People Inc. on Facebook for upcoming dates and locations.





People Inc. provides low-interest personal loans to community members. Contact Flor de Maria Bartolo for more information at fbartolo@peopleinc.net or 540-718-0860.



People Inc. is providing small business microloans to Culpeper businesses impacted by the pandemic. The Small Business Administration will pay up to 40% of each qualifying loan for loans closed between now and Sept. 30, 2021. Microloans are between \$500 and \$50,000 and are for terms of seven months up to eight years. Call 833-437-0115 for more information.



The disAbility Resource Center of the Rappahannock, Inc.

409 Progress St., Fredericksburg, VA 22401 540-373-2559 (voice), 540-5890 (CAPTEL), 540-373-8126 (Fax) www.cildrc.org drc@cildrc.org

Great things are happening in Culpeper and surrounding counties including an opportunity for people with disabilities, their families, and support systems to join in an advisory committee about developing a Center for Independent Living (CIL) in their area. Virginia's Planning District 9, which includes Culpeper, Orange, Madison and lower Rappahannock counties and the Town of Culpeper, is one of the few underserved areas of the state when it comes to services that a Center for Independent Living can provide for people with disabilities.

A CIL is a non-profit run by and for people with disabilities. Fifty percent of its staff and Board must be people with disabilities. All CILs (17 in Virginia and approximately 400 in the U.S.) offer five core service areas: information and referral; peer support; independent living skills training; advocacy; and transition (from school to adult life or transition from nursing home to one's own home). In addition, other services can be provided by the local CIL that would benefit people with disabilities in its service area. Consumers do not pay a fee for services, and there is no age limit for the services that the CIL provides. At the advisory meeting, the five core areas can be reviewed as well as other service ideas from community members.

The Virginia State Independent Living Council has provided a grant to the disAbility Resource Center, a CIL in Fredericksburg, to hire an outreach coordinator, Emmetri Bean, to gather interest and provide information on CILs to the people of PD9. A PD9 CIL Advisory meeting has been scheduled for May 19, 3:30 p.m. to 5 p.m. The Advisory group will continue to meet bi-monthly on the third Wednesday of the month (May, July, September, November, and March).

If you are a person with a disability, a support person, community member, or an organization and want to learn more about Centers for Independent Living and establishing independent living services in PD9, please attend the advisory meeting. Contact Emmetri by calling 540.360.5023 or emailing ebeane@cildrc.org to let her know of your interest and if you can attend. In addition, you can contact the Executive Director of the dRC, Debra Fults, at 540.379.2559 or dfults@cildrc.org for more information on CILs.

For an example of CIL work and activities, visit the dRC website, www.cildrc.org, and its Facebook and Instagram pages. The dRC staff has also produced a variety of short independent living skills videos that can be found on You Tube, https://rebrand.ly/dRCYouTube.



Bringing a Center for Independent Living to Southern PD9

The disAbility Resource Center of Fredericksburg (dRC) is working to establish interest in developing a **Center for Independent Living (CIL)** in Planning District 9 (PD9) which consists of **Culpeper, Rappahannock, Madison & Orange counties**.

What is a Center for Independent Living or a CIL?

- A Center for Independent Living is a place for people with disabilities to have a voice and choice about the things that affect their lives.
- CILs are operated by people from the local community – 50% of the staff and Board are people with disabilities.
- People with disabilities (consumers) help set the priorities for the organization.
- A CIL serves people with different types of disabilities.
- A Center for Independent Living helps people of different ages from young people to senior citizens.
- CILs do not charge for their services. The services are free.
- Cils are nonprofits that are funded through donations, grants, and state and federal dollars.
- A Center for Independent Living is not residential.

What does a Center for Independent Living or CIL do for consumers?

- Information & Referral: Help people find services and useful information.
- Peer Support: Connect people with similar life experiences to each other who work together so they can recognize their abilities, pursue their goals, and build healthy relationships.
- Independent Living Skills Training: Help develop a vision of success, define goals, and train on the skills the consumer needs to meet their independent living goals.
- Advocacy: Often this is summarized by saying, "Nothing for us, without us!" We help people with disabilities learn to speak up for themselves.
- Transition Services: We help young
 consumers make the transition from school
 to adult life and work. In addition, we help
 other consumers make the transition from
 nursing home to living in their own home
 with supports as needed.

Are you a person with a disability, family member, caregiver, advocate, community member, or support agency?

We need your input!

Advisory Group Forming Now

Contact Emmetri Beane to join: 540.360.5023 or ebeane@cildrc.org



One of the many services that the Central Virginia SBDC offers to its clients is access to a vast number of database resources. The following is a list of some of the sources that the CVSBDC utilizes for the benefit of its clients. Let us know how we may assist you, to find data that will enhance your business growth.

ČENTRAL VIRGINIA SBDC DATABASES IBISWorld:

Founded in 1971, IBISWorld provides trusted industry research on thousands of industries worldwide. The in-house analysts leverage economic, demographic and market data, add analytical and forward-looking insight, to help organizations of all types make better business decisions. (From IBISWorld website) IBISWorld offers in-depth Industry Reports by sector. Expert summary reports are also available by industry sector.

ProfitCents:

ProfitCents is a suite of online tools created to help financial advisors improve the financial performance of their business clients. Use ProfitCents' proprietary industry benchmarks to show value to a prospective client, or use one of the narrative or projection reports in a consulting project. Industry financial data and ratios based on more than 1,400 industries generate the accurate benchmarking data of up to 60 ratios and metrics. Advisors use the narrative report with clients to provide them with a deeper understanding of their financial health. The narrative report turns financial statements into a plain language narrative text that accountants use to help their clients make better business decisions. (From ProfitCents website)

ProfitCents: Projection Analysis: Advisors use the projection solution to quickly perform "what-if" scenarios and show clients how certain changes in their business can positively impact their financial condition. Use the toggles to illustrate where their business will be, given certain growth assumptions, expenses, major purchases, etc. The report can also provide an informal valuation to strengthen succession planning. (From ProfitCents website) Client historical financial information inserted into the Profit & Loss Statement and Balance Sheet in ProfitCents will generate a spreadsheet that can be manipulated to show different financial scenarios over a period of years.

SBDCNET REPORTS

SBDCNET offers the following reports to clients through their SBDC Counselors. The maximum number of reports is five for each request. Clients may also access resources on the SBDCNET website. The Small Business Resources available include Small Business Snapshots, (Industry specific profiles), Market Research Links, (To Research a Specific Industry), Small Business Help Topics and Cybersecurity. The website also contains an extensive library of sample business plans.

Business Licenses/Permits/Regulations: Business Plan Sample:

Sample/model business plan for opening a business. **Business Valuation:**

For clients interested in buying or selling a business. Provides data useful in assessing business value from authoritative sources. Includes valuation formulas, financial benchmarks, reports and rules of thumb.

Competitor List:

List and/or sources of competitors in a specified location. Copyright, Patent and Trademark Information:

Each term defined along with information and resources on the filing fees, inventor assistance and contacts. Not all processes will be appropriate for all businesses. If you know which your client needs, please indicate in the Business Section.

Customer Profile:

Description of the "Best Customer" for a product or service. **Demographics:**

Population breakdowns for the specified location.

Financial Ratios:

Financial benchmarks from authoritative sources.

Franchisee:

One who purchases a franchise and operates that location of the purchased business. The franchisee will pay the franchisor under the terms of the agreement, usually either a flat fee or a percentage of the revenues or profits, from the sales transacted at that location.

Franchisor:

The franchisor owns the overarching company, trademarks, and products, but gives the right to the franchisee to run the franchise location, in return for an agreed-upon fee.

Free-Form:

Describe requested information in your own words. Please be as specific as possible, and define any technical or unclear terminology. If chosen, no other selections will be available.

GIS Report: Drive Time Analysis:

Defaults to 5, 10, 15 minute drive times where drive time refers to the time it takes to drive from one location to the target business. Study includes Competitor Mapping, Annual Consumer Expenditures, Demographics, Psychographics and Thematic Maps. Requires a street address or intersection. Specific minutes can be requested. Not available for Business to Business (B2B.

GIS Report: Geography Comparison:

This analysis is used to compare the market characteristics of a series of zip codes. Study includes
Annual Consumer Expenditures, Demographics,
Psychographics and Thematic Maps. Requires
specific zip codes. Competitor Mapping included upon request.

GIS Report: Retail Opportunity Gap:

Provides retail supply and demand figures as well as an opportunity gap analysis for a specified geography. This study defaults to the zip code unless an alternative geography is requested. Not available for (B2B).

GIS Report: Ring Study Analysis:

Defaults to a 1, 3, 5 mile radius. Study includes Competitor Mapping, Annual Consumer Expenditures, Demographics, Psychographics and Thematic Maps. Requires a street address or intersection. Specific mileage can be requested. Not available for B2B.

GIS Reports: Traffic Counts:

Provides graphical representation of traffic count data collected and reported (where available) by state and municipal governments for selected areas. Requires specific intersection. Data not available for all areas. Format of report may vary by source.

Government Contracting/Procurement:

Useful resources, links and guidance tools for doing business with the government. Includes technical aspects, such as vendor registration, as well as state and local entities if applicable.

Industry Overview and Trends:

In-depth information and data from authoritative sources reflecting industry conditions and the latest trends.

Invention:

Resources for inventors and information on prototypes.

Market Statistics:

A breakdown of markets by industry to show size and sales figures.

Marketing & Advertising Resources:

Resources and articles for promoting client business. Examples of information may include marketing strategies, methods for calculating advertising ROI or the use of social media to generate consumer awareness.

New Product:

Resources and articles on how to bring your product/ service to market.

Preliminary Patent or Trademark Search:

Findings from a preliminary patent search based on the description and purpose of a device and/or the materials used for its manufacturing. Preliminary trademark search can be requested, alternatively. Also includes a list of registered patent attorneys for expert legal counsel. If chosen, no other selections will be available.



Continued from previous page

Psychographic Data:

Lifestyle and interests for specific consumer segments.

Also known as Behavioral Demographics. Not available for (B2B).

Publications List:

List of relevant journals, periodicals, etc.

Startup Costs:

Initial investment to establish a new business.

Suppliers/Distributors/Wholesalers:

List and/or sources of wholesalers, vendors or manufacturers.

Trade Association List:

List of relevant associations and organizations.

Trade Shows List:

List and/or sources of trade shows of interest.

The Central Virginia Small Business Development Center at Culpeper

offers free business consulting, affordable training courses, and personal referrals to local resources, guidance, insights, and connections to help your business succeed. All services offered at the CVSBDC at Culpeper are at no cost and are strictly confidential.

Contact: David C. Reardon, Business Counselor Email: dreardon@cvsbdc.org

The Central Virginia SBDC at Culpeper

| 803 South Main St. | Culpeper, VA 22701

Culpeper Phone: 540-727-0638

Charlottesville Phone 434-295-8198

www.cvfsbdc.org

The CVSBDC at Culpeper is funded in part by the U.S. Small Business Administration and Culpeper

County and is hosted by Community Investment

Collaborative

Culpeper Literacy Council

You Can Change a Life

The Culpeper Literacy Council is looking for new tutors. Tutors work one-on-one or in a class-room with learners who do not speak English as their first language. You are provided with all training materials, excellent coaching, and a standard curriculum with a lesson plan. There is no need to speak another language. If you have ever wanted to volunteer in a place where you could truly make a difference, this is it.

Improving literacy helps people gain confidence and become part of the community. They can get better jobs, communicate with their doctor, talk to their child's teacher, fill out forms and so much more. Better literacy in parents results in better literacy in their children, who get better grades in school. Better literacy impacts the whole family.



We need you for just two hours a week. You can teach a small class or work one-on-one with a learner who needs individual instruction. You can choose where you are most comfortable. You will start with an orientation and training class, and then observe other tutors. You will not be asked to start on your own until you are comfortable. But you will soon want to get started when you see how rewarding and fun tutoring is. Email director@culpeperliteracy.org or call 540-825-5804 to get started. Come see how Literacy Changes Lives.



AGING TOGETHER IS A NON-PROFIT ORGANIZATION CREATED OVER 20 YEARS AGO IN RESPONSE TO THE STEADILY INCREASING DEMOGRAPHIC OF OLDER ADULTS IN OUR FIVE-COUNTY REGION. IT MAINTAINS AND SUPPORTS A BROAD PARTNERSHIP OF ORGANIZATIONS AND INDIVIDUALS WHO COLLABORATE TO EVOLVE THE FUNDAMENTAL VISION OF AGING TOGETHER, WHICH IS AGE-FRIENDLY COMMUNITIES THAT ACTIVELY ENGAGE, VALUE AND SUPPORT OLDER ADULTS.

REGIONAL RESOURCE GUIDE FOR OLDER ADULTS

Regional Resource Guide for OLDER ADULTS



Culpeper, Fauquier, Madison, Orange & Rappahannock Counties, VA

JUST PUBLISHED!

Aging Together's free resource guide specifically for older adults, their families, & caregivers - the first of its kind in our region!

Contact us for a copy:

info@agingtogether.org 540-829-6405

Or see it online:

www.agingtogether.org



Be Septic Smart—Think at the Sink!

One in five US homes have septic systems. Yours may be one of them. If your septic system is not properly maintained you may be risking your family's health, hurting the environment and flushing thousands of dollars down the drain. Septic Smart is a program developed by the Environmental Protection Agency (EPA) to educate homeowners about septic system maintenance.

- Think at the Sink! What goes down your drain has a big impact on your septic system! Avoid harsh chemicals and use cleaners/detergents in moderation.
- Don't strain your drain! Use water efficiently and stagger use of water based appliances (such as washing machines and dishwashers) to avoid a back up of your septic system into your house.
- Keep it clean! If you have a well, many things can contaminate your drinking water, such as a failing septic system. Test your well water regularly!
- Shield your field! Tree and shrub roots, cars and livestock can damage your drain field.
- Protect it and Inspect It! Regular septic system maintenance can save homeowners thousands of dollars and protect public health.
- Don't Overload the Commode! A toilet is NOT a trash can! Disposable diapers, wipes, feminine hygiene products, cigarette butts, cat litter and more can damage your septic system.
- Pump your Tank! Ensure your septic tank is pumped at regular intervals as recommended by a professional and/or local permitting authority.

More information can be found at https://www.epa.gov/septic/septicsmart-homeowners.

New, 100% Reimbursement Small Beef Herd Initiative Program Coming Soon

There is a new cost share program initiative available beginning July 1, 2021 that targets beef producers who have between 20-35 total animals in their herd who wish to install stream exclusion fencing and alternative water systems and get reimbursed 100% of the total estimated costs. The State has provided \$2 million for practice installation of any livestock exclusion best management practices (BMP's) available through the Virginia Agricultural Incentives Cost Share Program (VACS). The new funds are non-competitive and available on a first-come, first served basis until funds are exhausted. This initiative will cover up to 100% of project costs and have a total participant limit of \$25,000. This funding does not interfere with, or impact the regular VACS cost share participant caps.

Producers who are interested in this initiative will work with the Culpeper Soil and Water Conservation District on project planning and approval. Once approved for funding, producers will have two years to complete their practice and receive payment.

Since these funds are available on a first-come, first served basis, we strongly recommend that interested producers please contact the Culpeper Soil and Water Conservation District at (540) 825-8591 as soon as possible, so that we can begin the planning process in hopes of funding as many projects as possible with these limited funds.

As always, Culpeper Soil and Water Conservation District is available with cost share for agricultural producers, technical assistance for all residents, hands on classroom/Zoom programs and rain barrels! Contact Stephanie DeNicola at stephanied@culpeperswcd.org or 540-825-8591 for more information.

An online publication of the Culpeper County Board of Supervisors

Culpeper Quarterly



The Administration Building 302 North Main Street Culpeper, VA 22701

dhoffman@culpepercounty.gov

PHI AIR MEDICAL EXPANDS REACH ACROSS VIRGINIA WITH NEW BASE OF OPERATIONS IN CULPEPER

Newest Base Brings Services and Opportunity to Area

CULPEPER REGIONAL AIRPORT

PHI Air Medical announced the official opening, on May 10, 2021, of its newest base of operations. The base will operate 24 hours a day and will be staffed with a highly trained crew that consists of a pilot, a Certified Flight Paramedic and a Certified Flight Nurse, and the Bell 407 aircraft is equipped with the latest advanced life support equipment and technology.

The crews and employees who will service the new base are looking forward to a successful program for the Culpeper community.

Having operated in the state of Virginia for more than 15 years, this new base in Culpeper will continue to serve the region with premium air ambulance services and leading industry practices and technology.

"We are proud of the expanding role we continue to play across our state and region," said Chris Shaffer, PHI Air Medical. "We have worked extremely hard to provide the highest level of professionalism, care and compassion to those we serve across Virginia. We are genuinely excited for what this means to the community and to PHI."

Available as an additional resource to the community is PHI Cares, a membership option which covers all out-of-pocket expense if a member is transported by PHI Air Medical.

To learn more about the PHI Cares membership program, go to www.PHICares.com, or contact the PHI Membership department by emailing membership@PHIAirMedical.com or call 1.888.I.Fly.PHI.

"We continue to invest in our operations and the community. This base opening reinforces our commitment to operating in the safest possible environment with the greatest need *for* the community," said Shaffer. "We look forward to filling this role and serving this great community through our services, as well as providing education and community outreach."



About PHI Air Medical

PHI Air Medical provides support for many of the nation's leading health care organizations. PHI pilots have recorded more than ten million flight hours, in virtually every type of helicopter and terrain known. The Air Medical fleet consists of proven aircraft outfitted with medical interiors conducive to providing sustained emergent care for air medical transports and most PHI Air Medical programs operate at or above Commission on Accreditation of Medical Transport Systems (CAMTS) standards. PHI Air Medical headquarters are located in Phoenix, Arizona.